

Healthy Living Classes

Want to decrease *your* pain, decrease *your* doctors' visits, & enjoy life more? The **Utah Arthritis Program** is promoting Healthy Living Classes, called Chronic Disease Self-Management Program.



This class is a workshop given 2 1/2 hours, once a week, for 6 weeks, in community settings such as senior centers, churches, libraries & hospitals. People with different chronic health problems all attend together. Workshops are facilitated by two trained leaders; one or both are non-health professionals with a chronic disease themselves.

Subjects covered include:

- 1) Techniques for frustration, fatigue, pain & isolation
- 2) Appropriate exercise to maintain & improve strength
- 3) Appropriate use of medications & proper nutrition
- 4) Communicating effectively with family, friends & health professionals
- 5) How to evaluate new treatments

Who Should Come

Anyone with an ongoing condition such as asthma, arthritis, chronic joint pain, fibromyalgia, cancer, diabetes, kidney disease, high blood pressure, high cholesterol, heart failure, COPD or emphysema, depression, chronic pain or others.

For more information call Rebecca at 801-539-9340 or check the **Utah Arthritis Program** at: <http://www.health.utah.gov/arthritis/CDSMP>

